

Pick a better snack™



Garbanzo beans can be bought canned, dried or frozen. Canned garbanzo beans are already cooked. Dried beans must be soaked in water for a few hours before cooking.

# Garbanzo Beans

Garbanzo beans are legumes that grow on pods on bushy plants

Also known as Chickpeas, garbanzo beans are native to the Mediterranean area. There is evidence that garbanzo beans were first grown 7,500 years ago in the Middle East.

India is the world's largest producer of garbanzo beans. In the USA, garbanzo beans are mostly grown in Washington and Idaho.



## NUTRITIONAL FACTS

EXCELLENT SOURCE OF PROTEIN, FIBER & FOLATE  
GOOD SOURCE OF IRON, POTASSIUM & PHOSPHORUS  
FAT FREE  
SODIUM FREE  
CHOLESTEROL FREE

## VARIETIES

There are two main types of garbanzo beans: *desi*, and *kabuli*. *Kabuli* are most commonly found in North America.

## USES

Cooked garbanzo beans can be eaten in stews or eaten cold in salads. Garbanzo beans are commonly made into a popular dip called hummus. Garbanzo beans can also be ground and fried as falafel.



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